

Mental Health Awareness Sessions

For Parents and Carers

Are you the parent/carer of a teenager or young adult? Action Mental Health are running a program tailored just for you!



The Menssana team are providing a **1 hour webinar via zoom** specifically aimed at parents and carers of children of post-primary age.

Tuesday 9 February
7pm - 8pm GMT

This session aims to:

- Start a conversation about mental health
- Raise awareness of signs/symptoms of mental ill-health
- Teach self-care techniques for building resilience and confidence
- Show you how and where to access support and further information

Interested in attending? Please register **HERE** via Eventbrite



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health